Millennials not waiting for proposals to plan wedding metro LIFE

Ottawa metro

Your essential daily news | TUESDAY, FEBRUARY 14, 2017 High -2°C/Low -5°C Snow

Add a little bit of *self-love* this Valentine's Day

metroLIFE

ENTERING TRUMP'S BUNKER

U.S. President Donald Trump shakes hands with Prime Minister Justin Trudeau during a meeting in the Oval Office at the White House on Monday in Washington, D.C.
GETTY IMAGES

Plus Five telling moments metroNEWS • Inside the secret handshake metroVIEWS

$2M SAVED

On the plus side, Trudeau's trip to Washington, D.C., was cheaper — for us

Ryan Tumilty
Metro | Ottawa

Having the first meeting between President Donald Trump and Prime Minister Justin Trudeau in Washington, D.C., instead of Ottawa likely saved the city from having to front millions in policing costs.

The two leaders sat down for their first face-to-face meeting in the American capital on Monday, passing on a tradition that has typically seen a U.S. president make their first foreign trip to Ottawa.

Ottawa Police Insp. Murray Knowles, lead planner for major events, said the city already has a lot on its plate this year with the 150th anniversary.

"We have a couple of large-scale events we're planning for," he said. "So to throw that in the middle of it would have taken a couple of years off my life for sure."

According to numbers the services provided, the 2004 visit of former President George W. Bush cost $3.7 million in policing costs that were ultimately reimbursed by the federal government.

The 2009 visit of President Barack Obama drew fewer protests, but was still costly, coming in at $2.3 million, which was again reimbursed. The numbers for last summer's Obama visit are still being calculated.

Knowles said a presidential visit is an enormous undertaking.

"If they gave us six months' notice, we would spend six months planning and still just get it done under the wire. When there is three weeks' notice, you burn the candle at both ends.

"We would probably roll out a very similar package for the Pope, the Queen or the president of the United States."

Knowles said most of the spending is reimbursed by the federal government, but there are always exceptions and the service has to do a careful accounting.

"If we can explain that it's required because of the visit, then basically we can apply for reimbursement."

Kevin McHale, acting executive director of the Sparks Street Business Association, said businesses near the hill are used to occasional disruptions.

"You never want a disruption to business obviously, but they do happen from time to time and our merchants are resilient on it," he said.

He said he hasn't heard from any businesses relieved that Trump is taking a pass, but they understand disruptions are part of the business.

"When you're in the shadow of the Peace Tower, you take the advantages with the disadvantages."

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metro NEWS
Your essential daily news

Valentine's Day banned in Pakistani capital of Islamabad. **World**

BY THE NUMBERS

Millions in cash on hand waiting for a home

Developers are required by the city to provide park space but they can buy themselves out of the obligation by paying into a discretionary cash fund earmarked for park-related investments

$8.1M Total park funds held by city councillors as of Dec. 31, 2015.

$11.2M Total park funds held by city councillors as of Dec. 31, 2016.

38% The total city-wide increase in one year

Adam Kveton
For Metro | Ottawa

With millions in park money piling up across the city, downtown councillors Mathieu Fleury and Catherine McKenney say there is no bottleneck.

The total amount of park money for Ottawa's councillors to spend has reached more than $11.2 million as of Dec. 31.

That's up from last year's total of $8.1 million.

For Fleury and McKenney specifically, their accounts have gone from about $565,700 to $711,800, and $992,000 to $1.98 million, the most of any councillor.

Asked if she might be having trouble spending the money since there is so little room for park space downtown, McKenney said, "No," with a bit of a laugh.

"I know it seems like a lot (of money), but when you are looking at purchasing anything in an urban setting, it costs money, as does building up the parks."

99%

Ward 14, Somerset, has $1.9 million, a 99 per cent increase over the $992,192 held as of Dec. 31 2015.

In fact, she said she expects to deplete her parks money reserves in a rather large way.

McKenney said she plans to start consulting the community this spring on where more park space is needed and where there is opportunity to purchase land, with a view to creating one or two new parks in the ward.

McKenney said she thinks those projects will take the bulk of her existing park money.

Fleury said he is not surprised at the growing amount of cash available in his and other wards.

"I don't know how other colleagues do it, but what I've done is I build up a bit of a savings and then we do a massive project," he said. Recently, those have included the revitalization of Jules Morin Park, which saw a $2.1-million investment, and a park in Vanier still in the works costing $1.1 million.

However, with new residents always coming in, there has been pressure on city programming, said Fleury.

"It's not just about the park redo, but it's also offering and having access to recreation and leisure services," he said, adding that it is challenging that park money cannot be spent on operations such as those.

HEALTH

Fake drugs may be cause of overdoses

Haley Ritchie
Metro | Ottawa

Ottawa Public Health is warning residents about counterfeit prescription drugs that could be the cause of recent life-threatening overdoses in the city. OPH said counterfeit pills like fake Oxycotin or Percocet can look almost identical to the real versions. The issue is that counterfeit drugs are much more dangerous than pharmaceutical-grade drugs, and could be laced with fentanyl.

"Obtaining drugs from a non-medical source such as a friend, ordering online, or a drug dealer is very risky and potentially life-threatening as there is no way to know what is actually in them or how toxic they may be," reads the release.

At a board meeting on Monday night the overdose antidote drug naloxone was discussed. Right now anyone in the city can walk into a pharmacy and be trained to use a kit, but they are not yet available in public facilities.

Officer of health Isra Levy said public health is particularly concerned about casual drug users.

"People in the suburbs, people who are not frequent and regular users of illicit drugs who are just experimenting, who come across something or buy something on a Saturday night and put it away for a week or two," said Levy. "Those are the people that we're particularly worried about at the moment."

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The couple that sings together ...

LOVE STORY

How one man busked his way into his beloved's heart

Adam Kveton
For Metro | Ottawa

Husband and wife duo Kaitlin Milroy and Alex Millaire of Moonfruits are playing in Gatineau tonight at 6 p.m. ADAM KVETON/FOR METRO

If you're looking for a Valentine's Day pick-me-up, this might just do the trick.

It's the love story of Kaitlin Milroy and Alex Millaire, local musicians whose music and romance have been intertwined since they first met in 2012.

It begins at a now-defunct bar formerly located at the Ottawa jail hostel. The joint had a great open mic, recalls Millaire.

"I distinctly remember walking into that courtyard and seeing Kaitlin and one of her friends doing an a cappella number, and wondering who that was," he said.

Soon they were jamming together, though something else was going on as well, and Milroy wasn't immediately keen on it.

Fleetwood Mac's famous romantic saga between Stevie Nicks and Lindsey Buckingham was Milroy's only model of musical relationships, she said, making her a tad nervous to embark on one herself. But, she said, "my heart was clearly making other plans."

Millaire took a busking trip to Europe that year, but his return cemented the budding romance. They became a couple — and a proper band, under the name Moonfruits.

It was a tough go, with their day-job schedules leaving midnight to 3 a.m. the only time to practise.

Despite the hard work, Moonfruits wouldn't be in Ottawa for the summer high season. Millaire had already arranged to head back to Europe and continue busking.

Milroy decided to join this time, meeting Millaire several weeks after he'd already arrived.

The gap provided Millaire with just enough time to exact his plan.

"I was more broke than I had ever been in my life," he said. "But I really wanted to ask for Kait's hand." So he decided to busk for the money.

He played in England, France, Spain, Italy, Germany and the Czech Republic, he said. By the time the pair met up in Paris, Millaire had earned enough money. He proposed and they were engaged.

They both admit it was sudden and a bit cheesy, but Milroy said playing together for people in the streets of Europe really was beautiful.

They continue to play as Moonfruits, and perform at Bistro le Forain in Gatineau for Valentine's Day, starting at 6 p.m.

Milroy said working together isn't always easy, but added, "It's pretty amazing to be able to work with my best friend and make music together."

ENTREPRENEURS

Valentines let you think and love locally

Haley Ritchie
Metro | Ottawa

How many times have you heard someone grumble that Valentine's Day is nothing but a Hallmark holiday?

It's no slight on roses and love poems, but no couple has a generic love story. Fortunately local card makers, like illustrator Melodie Burns and her local greeting card company Art of Melodious, have a secret weapon.

Burns' Valentine's Day designs include geese flying in heart formation, cuddling puffins, kissing chameleons and — based on a card she made for her husband — one that reads "I love you more than avocados."

"You wouldn't necessarily find Hallmark making an avocado card," she said.

"People are putting a lot of thought in it. They're looking for something unique because there are so many platforms to find cards that mean more.

That desire for something personal has led many a geeky couple to local designer Emily Griggs and her online store Sweet Ingenuity.

From pokeballs with hearts to dragons to gaming dice, Griggs cards have meaning for couples who play video games and indulge in geekiness together.

"A generic poem can say 'I love you', and sometimes that's nice enough," said Griggs. "But a card picked out to really reflect the recipient's interests and personality can say, 'Not only do I love you, but I also love your hobbies, your quirks, and your skills, and I've gone out of my way to express that.'"

Valentine's, frenemies or singletons — Antonella Ielo and Kylea Parker's Motif Thieves have small batch cards for a different group of people.

The selection of cheeky cards available on their Shopify website include a card with a woman screaming "Valentine's is cancelled."

"We wanted them to be a little bit funny, and the Valentine's ones specifically," she said. "Not everyone has a Valentine, but you can always tell your friends that you love them."

Parker said if cards are coming back in style, it's because it's so much more personal than a text message, but cards don't have to be stuffy.

Local illustrator Emily Griggs sells geeky cards. CONTRIBUTED

"I don't want those typical, cheesy Valentines sayings," she said.

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There's a 'hulking' lineup of stars on deck for Comiccon 2017. METRO FILE

GEEK CULTURE

Batman, Doctor Who actors at Comiccon

Ottawa Comiccon has announced that Batman and Captain Jack Harkness will be two of the guests visiting the city in May — or at least, the actors behind them.

Actor Adam West, known for his role as Batman in the 1960s television series, will be the guest of honour of this year's edition of Ottawa Comiccon.

Also attending will be British entertainer John Barrowman, who is best known for depicting Captain Jack Harkness in Doctor Who and spin-off Torchwood.

Barrowman currently plays Malcolm Merlyn in The CW network's series Arrow.

Other big name guests announced on Monday include Laura Vandervoort (Supergirl) and Robin Lord Taylor (Gotham).

Ottawa Comiccon will take place this year May 12 to 14 at the EY Centre, 4899 Uplands Dr.

For more information, go to www.ottawacomiccon.com.

HALEY RITCHIE/METRO

All signs point to game on

CANADA 150

Outdoor NHL match likely to cap off city's celebrations

The final event in Mayor Jim Watson's much-touted "hat trick" of marquee Canada 150 spectacles appears close to being a reality.

New Ottawa Senators president Tom Anselmi told TSN 1200 radio last week that the much-anticipated outdoor NHL game expected to be held at TD Place on Dec. 17 is all but a go, and it's just a matter of working out the final details.

"It's going to happen," he said. "We're down to crossing the t's and dotting the i's."

Anselmi, former president of Maple Leaf Sports and Entertainment who replaced longtime Sens president Cyril Leeder in late January, said the club is hoping to reveal more details "in the next week or two."

NHL commissioner Gary Bettman will be in Ottawa in mid-March as part of a four-day celebration of the 125th anniversary of the Stanley Cup that will include the unveiling of a new monument at the corner of Sparks and Elgin streets.

NHL commissioner Gary Bettman will be in Ottawa mid-March as part celebrations to commemorate the 125th anniversary of the Stanley Cup. THE ASSOCIATED PRESS

During his visit, Mr. Bettman is scheduled to be the guest speaker at OBJ's Mayor's Breakfast on March 17. That event, co-presented with the Ottawa Chamber of Commerce, is being held at the Horticulture Building — right next door to TD Place, where the outdoor game is likely to take place.

> **We're down to crossing the t's and dotting the i's**
> Tom Anselmi

Once it's official, the announcement will mark the culmination of years of speculation and anticipation about an outdoor NHL game to cap off the city's Canada 150 celebrations.

Local tourism officials said as far back as 2012 they were exploring the idea of hosting such an event to commemorate the 100th anniversary of the first NHL game in Ottawa, which was held on Dec. 19, 1917.

The two other events in Mr. Watson's so-called "hat trick" — April's Juno Awards and the 105th Grey Cup in November — have already been announced. They are part of a year-long series of high-profile events to commemorate the 150th anniversary of Confederation that also includes next month's Red Bull Crashed Ice skating race, the Stanley Cup celebration and an interactive multimedia show set in the future Lyon light-rail station.

Officials at Ottawa Tourism are banking on a hefty Canada 150 boost. They expect eight million visitors to the capital in 2017, about 1.75 million more than the city sees in an average year.

OTTAWA BUSINESS JOURNAL

POVERTY

Housing gets $10 Internet

Sarah Davies
For Metro | Ottawa

Rogers has rolled out a $10 Internet plan for 15,000 low-income households in Ottawa Community Housing.

The high-speed service is targeted toward individuals in social housing that may not be able to foot the bill for an expensive Internet plan.

The initiative is part of Rogers' Connected for Success program, which aims to spread low-cost Internet services to 150,000 households in social housing across Ontario, New Brunswick and Newfoundland.

Stéphane Giguère, CEO of Ottawa Community Housing, said the success of the program's 2013 pilot project in Toronto was the reason they chose to work alongside the company.

More than three years after its implementation, Giguère said that over 10,000 homes in Toronto Community Housing subscribed to the $10 service.

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A protester holds a pro-diversity sign at a rally outside the U.S. Embassy. RYAN TUMILTY/METRO

In defence of being a 'sanctuary city'

IMMIGRANTS

Hesitant Ottawa council slow to OK a feel-good declaration

COLLINS' CAPITAL

Steve Collins

You could as easily wonder why anyone would propose Ottawa's self-designation as a "sanctuary city" for undocumented immigrants as why anyone would oppose it.

Coun. Catherine McKenney's support for a council undertaking to not, say, deny city services on the basis of immigration status, seems weirdly divisive, considering that it appears to pretty much describe how we already roll. Coun. McKenney didn't introduce her motion as expected to council last week. Her office says the current plan is to put it to the community and social services committee. The lack of specific wording allowed Mayor Jim Watson — who's not keen on the sanctuary city concept — to fill in the blanks as they pleased. He noted, for example, that council can't "direct police to not do their duty," in terms of immigration enforcement.

That's a red herring, as council doesn't direct police operations, period, and hence couldn't order cops to either crack down on or lay off of immigrants with spotty paperwork. Similarly, no city declaration would free it from its obligations under federal and provincial law. So, with that off the table, where's the harm? But there's more to a city than timely garbage collection, and symbolism is part of representation, too.

Toronto's council voted to "re-affirm" its sanctuary city designation, partially in answer to policies targeting immigrants and refugees down south. The practical effect of the vote was limited, but it was a statement of principle. Our own council last spring voted to endorse the Blue Dot Declaration, which calls for recognition of a right to a healthy environment, clean drinking water, etc. About 130 municipalities, including Toronto, Halifax and Vancouver, had already signed on to a notion that should seem fairly uncontroversial to regular consumers of air, water and food.

Still, there was a lengthy, windy debate before our very practical, nuts-and-bolts council voted in favour, despite the obvious: They don't have the power to guarantee us a healthy environment. But was it really so wrong to state that it's a worthy goal, and commit to do what they can? A committee hearing would at least allow the public to have their say on a specific definition of a sanctuary city, and have their representatives listen — inarguably in the job description.

Feel-good declarations, at the very least, can feel good. A statement from the city affirming a general commitment to the humane and open-hearted and over the bureaucratic and suspicious sounds like an OK day's work to me.

POLITICS

Tory leadership candidates plan to reject Islamophobia motion

Ryan Tumilty
Metro | Ottawa

Conservative MPs and leadership hopefuls are coming out against a motion set to go before the House of Commons Wednesday condemning Islamophobia. Leadership candidates Maxime Bernier, Kellie Leitch and Andrew Scheer have all indicated they intend to vote against the motion.

The motion, M-103, from Liberal MP Iqra Khalid calls on the government to recognize the need to quell a increasing climate of hate and fear, request the heritage committee develop a government-wide approach to reducing racism, including Islamophobia and collect data on hate crime reports.

In an email to his supporters, Scheer said he is troubled the motion singles out one religion for special study and worries about the impact on free speech. Bernier also told his supporters that while he opposes hate speech directed at members of any faith, he believes this motion could curtail legitimate criticism.

"Free speech is a fundamental Canadian value. We should reaffirm everyone's right to believe in and criticize whatever belief they want." Khalid did not return calls seeking to discuss her motion, but Amira Elghawaby with the National Council of Canadian Muslims, which supports the motion, said it not meant to target debate.

Welcome Place needs funds, space

INSIDE EMERSON

Non-profit helps refugees get situated

Jessica Botelho-Urbanski
For Metro | Winnipeg

Rita Chahal, executive director of Welcome Place, has asked the public and private sectors for fundraising help to assist the influx of refugees. JESSICA BOTELHO-URBANSKI/FOR METRO

As staff at Welcome Place in Winnipeg held a press conference Monday to discuss their "maxed out" services, one of their volunteer drivers was headed to the Port of Emerson to pick up five more asylum seekers who crossed the border overnight.

RCMP said Monday they intercepted 28 people illegally coming into Canada over the weekend. Since Jan. 1, police have intercepted 69 men, women and children.

Rita Chahal, executive director of Welcome Place, said she recently held a six-month-old baby and looked into the eyes of two- and four-year-olds kids who trekked across the border with their parents Saturday in hopes of getting to Winnipeg.

"When I saw the little kids, I always think about 'What if something had happened?' We don't want to see a situation like we've seen a couple years ago that brought all of us to our knees," she said, referring to the image of Alan Kurdi, a Syrian toddler whose body washed up on the shores of a beach in Turkey in 2015.

Welcome Place temporarily housed 21 asylum seekers they picked up from the border in their own facility on Bannatyne Avenue. Chahal said this is technically not allowed by the federal government, who only pay them to help government and privately-sponsored refugees. The refugee claimants will be moved to other locations in the community soon, including the Salvation Army.

But the exception temporarily "wasn't a difficult choice for me," said Chahal.

"We have managed what might appear to be a crisis very quickly, very efficiently," she said. "We look at this from a very compassionate, from a humanitarian perspective. And when people come to our door and need our help, that's what we'll do. We'll help them."

Welcome Place is asking for financial donations from the public — not goods or food, which they don't have room to store.

The agency wants help from the city and province in finding temporary housing spaces for refugee claimants. Chahal said she spoke to Mayor Brian Bowman Monday about this, but had not yet heard from the province.

PREMIER IN TALKS WITH PMO

After a second weekend surge of asylum seekers crossed into Manitoba, Premier Brian Pallister said Monday his office is in talks with the Prime Minister's to determine safer solutions to border jumping.

"There has been a call to the Prime Minister on this issue... We've established an interdepartmental committee that is also investigating and researching ways to address this," Pallister said.

The premier said his first concern is the security of Manitobans, particularly those who live in Emerson and have been conflicted over whether to open their doors to asylum seekers making the treacherous trek into Canada."

Many lawyers, politicians and organizations have called for the Safe Third Country Agreement to be scrapped or revised.

JESSICA BOTELHO-URBANSKI/FOR METRO

HOW TO MAKE A DIFFERENCE

- To donate to Welcome Place and the Manitoba Interfaith Immigration Council, visit miic.ca.
- Welcome Place and the Manitoba Interfaith Immigration Council help about 520 refugees per year.
- Money raised by the public will go toward finding more temporary housing spaces, hiring more staff and more.

Committee formed for poverty strategy

The federal government is turning to public consultations to help craft a poverty reduction strategy.

Social Development Minister Jean-Yves Duclos also plans to use the expertise of an advisory committee on poverty to produce a national proposal that the Liberals expect to deliver by this fall.

The advisory committee will be made up of experts from academia, business and social services, as well as people who have lived with poverty. It will act as sounding board to test ideas that emerge from the public consultations on ways to help those living in need.

Duclos said the work of the committee, as well as similar consultations being undertaken by a panel of MPs, is needed to finally build a federal vision on poverty reduction.

"As a former academic who has worked quite a lot on poverty reduction, I have seen the difficulties created by a lack of vision on poverty reduction from the federal government," Duclos said. THE CANADIAN PRESS

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GLOBAL DIGEST

PAKISTAN

Valentine's Day banned in Islamabad

A Pakistani judge on Monday banned all Valentine's Day celebrations in the country's capital, Islamabad, saying they are against Islamic teachings.

The judge ruled on a petition seeking to ban public celebrations of the Western holiday, court official Niaz Saleh said. He said the order had been sent to Pakistan's media regulator to ensure a blackout on any Valentine's Day promotions in print or electronic media.

The ban applies only to Pakistan's capital as the Islamabad high court has no jurisdiction beyond the city.

Islamist and right-wing parties in Pakistan view Valentine's Day as vulgar Western import. AP

CALIFORNIA

Evacuees might not go home until dam spillway is repaired

Nearly 200,000 people who were ordered to leave their homes out of fear that a spillway could collapse may not be able to return until the barrier at the nation's tallest dam is repaired, a sheriff said Monday.

The sheriff of California's Butte County, Kory Honea, did not say how long the fixes could take and offered no timetable for lifting the evacuation order. Officials from the state Department of Water Resources were considering using helicopters to drop loads of rock on the eroded spillway at Lake Oroville. Meanwhile, the water level behind the dam dropped, easing slightly the fears of a spillway collapse. But with more rain expected later in the week, time was running short to fix the damage. AP

AUSTRALIA

Homes destroyed in fierce wildfires

Several homes were destroyed and two firefighters injured by huge wildfires that tore across Australia's most populous state over the weekend, officials said Monday.

Scorching temperatures and fierce winds fanned the flames across a wide swathe of New South Wales on Saturday and Sunday. More than 2,500 firefighters fought nearly 100 fires as temperatures climbed to 47 degrees Celsius in parts of the state. One fire alone burned through 50,000 hectares. AP

5 REVEALING MOMENTS FROM THE TRUMP-TRUDEAU MEETING

There's more to take away from Justin Trudeau and Donald Trump's first official meeting than the viral handshake.

1. A mutual non-aggression pact

Trudeau's steadfast refusal to criticize Trump made news even in America. ("Trudeau ducks question on Trump's travel ban," read the headline in Politico.) But just as notable was Trump's refusal to criticize Trudeau.

The president was impassive even when prodded on live television. Asked a question about the Canadian border and Trudeau's acceptance of Syrian refugees, Trump chose to tout his efforts to deport illegal immigrants — most of whom are Hispanics who live far from the 49th parallel.

It was a dodge. But it was a dodge that suggested Trump would not attempt to exact retribution against a Liberal who has taken unsubtle passive-aggressive jabs at him for more than a year.

2. A fair shake

Vladimir Putin has the shirtless horseback ride. Donald Trump has the intense handshake. At 70, the ferocious alpha-grip is how a president obsessed with dominance shows off his physical prowess. Trudeau, former drama teacher, came prepared for the performance, suitably impressing people who care about handshakes.

3. Flynn forgotten

One of the key stories out of the joint news conference was about what wasn't asked: a question to Trump about National Security Advisor Michael Flynn, embattled over reports that he discussed sanctions against Russia with Russia's ambassador before Trump took office, then lied about this to the media and to the vice-president.

"HOW IS THERE NO FLYNN QUESTION!?!?!?!?!" MSNBC host Christopher Hayes wrote on Twitter. The answer: the White House made sure there was no Flynn question.

The Canadian and American media contingents each got to ask two questions. The Canadians drew names from someone's palm to decide which two reporters got to do the asking. The American interlocutors, though, were selected by Trump officials. They were both from Trump-friendly outlets. They asked softballs.

4. Almost normal

"We're guided by the same values," President Barack Obama said when welcoming Trudeau to the White House last year. "We share the same values," Trump said beside Trudeau on Monday. "Americans and Canadians — our brave men and women in uniform — have paid the price together," said Obama. "American and Canadian troops have gone to battle together, fought wars together," said Trump. The tone was not especially warm. There was an unprompted Trumpian ramble-boast about the size of his victory in the Electoral College. ("Very, very large.") But the day was notable, in large part, for its boring conventionality.

5. Ivanka in charge

The Canadians had a stroke of strategic inspiration: get in Trump's good books by doing a kind of favour for his daughter. The executives who were part of a White House discussion the advancement of female business leaders came away with praise for the joint initiative. Ivanka impressed the participating businesswomen with her thoughts on the cause. ("Progressive," one said later.) And then, after they left the building, she advertised herself — tweeting a photo of her sitting at the president's desk, a progressive prime minister behind her.

TORSTAR NEWS SERVICE

U.S. President Donald Trump extends his hand to Prime Minister Justin Trudeau during a meeting in the Oval Office at the White House on Monday in Washington, D.C. This is the first time the two leaders are meeting at the White House. GETTY IMAGES

WHITE HOUSE

Leaders' handshakes spark social media frenzy

It's clear Canadians were watching Justin Trudeau and Donald Trump's first official meeting intently Monday morning, but who had the upper hand?

Trump, who is fast becoming the poster boy for awkward handshakes after an agonizing 19-second long handshake with Japanese Prime Minister Shinzo Abe, is said to be self-conscious about how his hands are perceived.

Trudeau stepped out of his motorcade at the White House and immediately shook Trump's hand. This was to his benefit, according to Mark Bowden, an expert in human behaviour and body language who created the company Truthplane, a communication training company. Trudeau and Trump were in close quarters, meaning the president couldn't pull the prime minister in and force him off balance, something Trump often does to assert dominance, Bowden said. Mercifully, the shake only lasted for about six seconds.

"I think Trudeau for sure held his own," Bowden said. "There's no doubt looking at Trump's behaviour with others that he has a personality that needs to show dominance."

But Trump wasn't done. He placed his hand on top of Trudeau's shoulder, another show of dominance, according to Bowden. Trudeau responded in turn, placing his hand on Trump's arm.

"So not as dominant a gesture," Bowden said. "He didn't reply entirely in balance with the amount of dominance that Trump was getting on that first handshake."

Later, while seated, they shook hands again for approximately two seconds. This time, Trudeau may have come out on top.

"What's interesting is Trump actually offers Trudeau the upper hand," Bowden said. "He placed his hand out so Trudeau's could only go on top of his, which can only be shown as dominant."

Trudeau also leaned into the handshake, "encroaching on Trump's territory," Bowden said. But that's not to say the president didn't make his presence known.

"Trump is just trying to fill the territory that he has," Bowden said. "You can see him spreading his legs within his chair space, leaning down onto his knees with his arms to look like he's bigger and taking up more space."

"I wonder who will play Trump in the heritage minute about 'The Handshake,'" Canadian writer Stephen Marche tweeted.

"That handshake. Wow. My faith in Trudeau has been restored," a Twitter user from Mississauga, Rob Ditta, added.

TORSTAR NEWS SERVICE

Risks lurk as RRSP season approaches

MARKETS

Investors wary angry Trump tweet may hit their holdings

As investors head into RRSP season this year, stocks in Canada and the United States sit at or near record levels, but tensions are rising and that could mean volatile times for the markets.

Before the U.S. presidential election, many had predicted that a Trump win would send stock markets crashing. But the reverse happened. Markets cheered the election of the real estate mogul and charged ahead in the weeks following the vote. But the reality of the Trump administration has started to sink in and investors are becoming wary about what an angry tweet can do to their holdings.

Jurrien Timmer, director of global macro at Fidelity Investments, said Americans elected a "disrupter" and with that, the "game has changed."

"Since the 2009 bottom, post-the financial crisis, price has outperformed earnings in a very big way," he said.

"The question is, 'What are people going to be willing to pay for those earnings if we are faced with political and policy uncertainty?"'

Timmer said he expects the U.S. markets will do well because earnings are expected to grow, but the risk from uncharted political waters may mean that stock prices might not keep up with a rise in corporate profits.

Instead, Timmer is looking to European and emerging markets.

"I am increasingly of the opinion that the opportunities in 2017 are going to be outside of the U.S.," he said.

THE CANADIAN PRESS

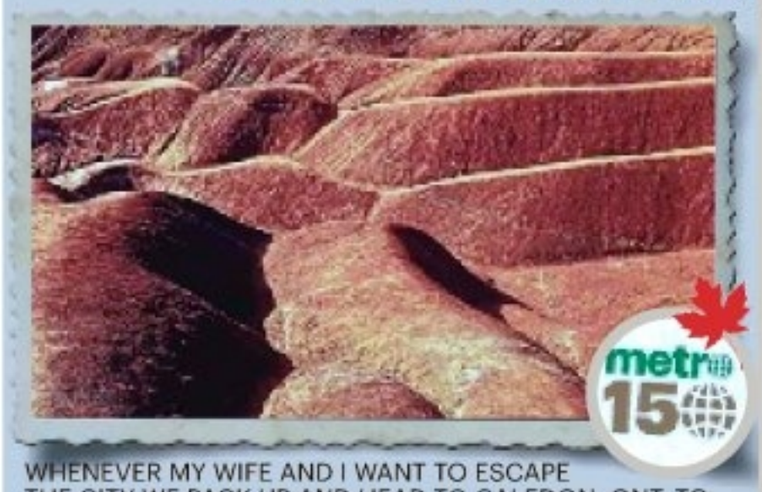
BY THE NUMBERS CONTRIBUTIONS FALLING DRASTICALLY

2008-09	16%	$22.5B
Two of the largest contribution declines were during the financial crisis and when tax-free savings accounts were introduced.	Drop in the number of annual RRSP contributors between 2000 and 2013 among those aged 25 to 54.	Total drop in value of RRSP contributions in 2013 compared with $30.6 billion in 2000 when measured in 2013 dollars.

150 WAYS of looking at Canada

POSTCARD NO. 14

CHELTENHAM BADLANDS



WHENEVER MY WIFE AND I WANT TO ESCAPE THE CITY WE PACK UP AND HEAD TO CALEDON, ONT. TO THE CHELTENHAM BADLANDS. THIS NATURAL SCENIC LANDSCAPE IS LIKE NO OTHER. WHETHER YOU GO ALONE, WITH A FRIEND OR THE WHOLE FAMILY THIS PLACE WILL NOT DISAPPOINT AT ANY TIME OF YEAR. **JOSEPH PARISELLI**

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

RESTAURANTS

Tim Hortons eyes U.S. expansion

The parent company of Tim Hortons and Burger King sees fertile ground for rapid expansion for both chains in the United States.

The United States is "one of the biggest opportunities" for expanding the coffee and burger chains, said Daniel Schwartz, CEO of Restaurant Brands International Inc.

Tim Hortons had 683 U.S. locations as of Dec. 31, 2016. Burger King's U.S. operations had more than 7,000 restaurants as of Dec. 31, 2015.

RBI is also intent on rapidly expanding Tim Hortons around the world, signing three separate master franchise joint venture agreements to bring the chain to the Philippines, Britain and Mexico. The company expects to open the first locations this year, said chief financial officer Josh Kobza.

THE CANADIAN PRESS

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Your essential daily news
Tuesday, February 14, 2017

PAUL WELLS ON TRUMP'S INSIDE CIRCLE

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags.

By presenting Donald Trump with a print of this 1981 photo, Justin Trudeau signalled he has the secret handshake to enter the president's 'weird bunker, writes Paul Wells. LIBRARY AND ARCHIVES CANADA

The photo wasn't a small thing. It was a token of insider status. It was Justin Trudeau's wristband.

On arriving at the White House on Monday for his first face-to-face meeting with Donald Trump, Justin Trudeau brought a gift, a framed print of a photo showing Pierre Elliott Trudeau and Donald Trump at a function in the Waldorf Astoria in 1981. The elder Trudeau was receiving the Family of Man Gold Medallion Award. Trump, then about 34 years old, was offering remarks at the podium. Both men were in tuxes.

Justin Trudeau's first telephone conversation with Trump was last Nov. 9, the day after he amazed the world by winning the electoral college and the presidency. Trump mentioned that he had met Trudeau's father back in the day and admired him. This was news to Justin Trudeau. But apparently detectives were put on the search, and photographic evidence was unearthed at Library and Archives Canada. Print, frame, Bob's your uncle.

Now here's why it matters: Donald Trump has spent his life dividing the world into people who deserve to get in and people who don't.

That's how he became the target, at 27, of a justice department lawsuit in 1973 that claimed he and his father refused to rent to black tenants. (The Trumps countersued; the eventual settlement included no admission of guilt.)

It's what Trump seeks to do along the Mexican border. It's why he keeps smacking his head against the courts and the U.S. Constitution as he seeks to close America's borders to visa-holders from seven predominately Muslim countries.

It's what he does with membership fees at Mar-a-Lago and other exclusive Trump clubs. It's what he has taken great pleasure in doing as he selects members of his cabinet.

If Trump decides you're not allowed in, you get nowhere with him. He mocks you on Twitter, makes policy just to spite you, summons the sputtering apparatus of the White House staff and the rickety machinery of government to shut you down, if any of them can manage the task.

But if he accepts you, you actually have some latitude with him. The most astonishing example so far is the way he let Gen. James Mattis do, once Mattis became his nominee as defence secretary, what nobody else had succeeded in doing: persuade Trump that torture is useless as an instrument of government policy.

Trump's attitude is summarized in the lyrics, at first comic and then haunting, of Paul Simon's recent single, "Wristband": "Wristband, my man, you've got to have a wristband/ If you don't have a wristband, my man, you don't get through the door."

Justin Trudeau decided early that he was better inside the door than out. Two pieces of political theatre yesterday were designed to get him in.

First, the photo. It shows that when Trump spins a random old yarn over the phone, Trudeau listens and acts. And it reminds Trump that two successive generations of Trudeaus have been the kind of people who could walk through the kind of door only Donald Trump can open. That's what a wristband does.

Second, the round table on women entrepreneurs with Ivanka Trump.

The president has been in open conflict with the Nordstrom department-store chain for a week because Nordstrom dropped Ivanka Trump's line of clothing and accessories. He has sent White House staffers out to plead her case, and castigate Nordstrom, on the news shows. In Canada, some are calling for a boycott of The Bay because the chain won't drop Ivanka Trump's merchandise.

And what does Trudeau do in the middle of all this? His office organizes an event with Ivanka Trump, sits with cabinet ministers and senior staff at a long table to hear her ideas, makes her the focus at midday of an international summit.

Trudeau could not have been signalling more clearly if he had brought navy crewmen with semaphore flags. Family is family. Trump's is welcomed and accepted, in the middle of a storm, just as Trudeau's father was accepted at some society shindig Trump attended a generation ago.

From this basis, miracles need not ensue and trouble is not banished. At their joint news conference, Trump seemed plainly bored by the bilateral issues the two had discussed, eager to change the subject to Mexicans or terrorism or Mike Flynn, his embattled national security adviser — who has his wristband, was welcomed inside the perimeter long ago, and whom Trump was therefore in a mood to defend.

Trudeau's gamble is that by getting in close to Trump — closer than many Canadians on the centre and left want him to get — he'll have voice and standing inside that weird bunker, for as long as Trump influences our two countries' shared life.

All eyes were on Trudeau at a sit-down for women leaders in business hosted at the White House. AP PHOTO/EVAN VUCCI

Feminist photo-op fail

Rosemary Westwood

When the world leader with the most enviable hair met Donald Trump, no bromance was expected.

Justin Trudeau campaigned (though hasn't exactly governed) on policies so progressive he was often photoshopped alongside a unicorn. Trump campaigned on rhetoric so divisive he became synonymous with Pepe the alt-right frog.

When the pair met Monday, Trudeau, in cliché Canadian form, was perfectly polite, avoiding criticism of the chaos-inducing travel ban and focusing on "middle class families."

It would have been a perfectly respectable, if slightly icky, meeting for Trudeau.

But on women, he blew it.

Working with the U.S. on economic issues makes sense. Offering the leading misogynist of the free world a cozy photo-op to make he and his administration appear pro-women? It's ill-informed, shows poor judgement and is exceedingly creepy.

By offering an olive branch in the form of a bilateral task force on women in business, Trudeau is lending what feminist cred he has left to a man whose pussy-grabbing sparked the Women's March, arguably one of the largest protests in U.S. history.

And Trudeau's efforts are also wholly useless.

The idea that a Republican-controlled Congress will make meaningful efforts to improve child care or fund maternity leave is laughable, to say nothing of addressing the systemic sexism.

This is the party of the North Dakota lawmaker who suggested Sunday mornings are when wives serve husbands breakfast in bed. The same party pushing in Oklahoma to make a man's consent mandatory for all abortions.

For decades, Republicans have fought women-friendly workplace reforms, hiding sexist ideologies under a pro-business guise.

Even Trump's proposed tax-break plan for child care has been debunked as a move that would enrich comfortable families and do little to help poor ones.

"We just had a very productive meeting with women business leaders ... where we discussed how to secure everything that we know — the full power of women, can do better than anybody else," Trump said — unintelligibly — in a press conference Monday.

But the message was clear: "I care about women!" he was saying, as Trudeau smiled on like a nutritionist who jumped into bed with the soft drink lobby.

And just as doomed.

Rosemary Westwood relocated from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

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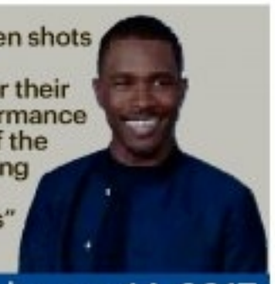
Your essential daily news

Tuesday, February 14, 2017



Frank Ocean has taken shots at producers of the Grammy Awards over their criticism of his performance at the 2013 edition of the show as "faulty," saying that he experienced "technical difficulties" during the song.

Venue booked, dress ordered – proposal ETA?

Katherine North and her fiancé Waheed Obaidi took a pragmatic approach to their wedding plans. Hoping to spend less than $10,000 and save money for an exotic trip or a new car instead, they had everything booked before Obaidi even proposed. CONTRIBUTED

NEW AGE NUPTIALS

Millennials part with traditions in the move towards event weddings

Megan Haynes
For Metro Canada

Katherine North, 30, can't wait for her wedding day. Her dress has been ordered. Her bridesmaids planned a bachelorette. The save-the-dates went out. She and her partner booked a venue in October, 2016. All that was missing was the proposal.

After attending a season full of weddings at hotels and golf courses, their decision to marry at an Ottawa restaurant came down to a desire to do something a bit different, she said. But more importantly, they wanted to be pragmatic: with average wedding costing couples $31,000, she and her fiancé knew they didn't want to spend a lot of money on their nuptials.

The restaurant — Salt — was within their price range for the meal, and meant they saved money on decor, the ceremony fee and even music. It had an opening for the upcoming June long weekend, but the space was booking up fast.

"We said, why not — we didn't want to miss an opportunity," she says.

The fact that he hadn't yet proposed wasn't of concern — they both knew he would. Just before her birthday in January, he dropped to one knee and asked her to marry him. Of course, she said yes.

She's part of a growing trend of millennials writing their own rule books when it comes to weddings. While 66 per cent of couples are opting for more traditional affairs, one in three prefer less formal and more unique ceremonies, one 2015 survey from bridal magazine Wedding Bells found.

Gone is the cookie-cutter recipe for a wedding: From destination weddings that eschew the tropics (a ceremony in Iceland, anyone?) to the bride dropping to one knee (it's 2017!) to cakeless meals, young adults want a ceremony that is uniquely them.

Many are looking to create exceptional experiences for their guests, says Markham, Ont.-based Tracey Manailescu, co-founder of The Wedding Planner's Institute of Canada and a wedding planner.

For many of her clients, the entire wedding is meant to be an event guests will always remember — something that stands out from the crowd of other ceremonies they might have had to attend in the past. For some, that means opting out of certain expensive traditions to put money elsewhere.

> **I'll probably pick up some flowers from Loblaws or something.**
> Katherine North, bride to be

She points to a couple of her clients choosing inexpensive dress from stores like Le Chateaux or Forever 21, and instead putting that money into a more robust bar or live entertainment (acrobats are a hot act in the wedding space right now, she says). "They're finding other ways to save money to create that experience," she says.

While not cheaper than weddings in tropical locations, she's also helped plan ceremonies for people in more unique locales, like Iceland or Italy. The parties tend to be smaller to help contain costs, but in the end, it's a different type of experience for the guest, she says.

Halifax-based Katelyn Hipson, CEO and creative director of elegant productions planning and design, concurs. Her guests are skipping certain traditions entirely, like the wedding cake or the extended family shindigs. "My clients are less inclined to spend money in areas that don't matter to them just for the sake of tradition."

For North, who is trying to keep her budget under $10,000, she and her fiancé figure they can spend their money on things, like a new car or an exotic trip.

"I'll probably pick up some flowers from Loblaws or something — we'll keep things simple," she says. "It's my wedding. I don't want to have to stress about it."

SEXUAL HEALTH

Study explores HIV trends in major Canadian cities

May Warren
Metro | Toronto

A new study of more than 2,400 men across Vancouver, Montreal and Toronto hopes to shed some light on why HIV rates are so high among gay and bisexual men in those cities compared to the rest of Canada.

Over the next four years researchers will do HIV and sexually transmitted infection testing, as well as distribute qualitative questionnaires in what they're calling "Engage."

They want get at attitudes towards the disease and access to healthcare in the face of massive changes in the treatment and prevention of HIV over the past three decades, said Trevor Hart, one of the lead researchers and a clinical psychologist.

"This is going to be one of the largest studies of its kind, examining how a lot of the changes that have taken place around HIV are affecting both sexual behaviour and mental and physical health and wellbeing," he said.

To find those who've been underrepresented in other studies, like trans men and people of colour, researchers will get men to recruit others in their social networks, from Grindr — a dating app — to volleyball leagues.

Most of the members of the research team are gay and bisexual men themselves, Hart noted, and the goal is to both inform future heath policy and include the community in future discussions, instead of treating them like "guinea pigs."

While some may move to big cities like Toronto and Vancouver to get better HIV care, Hart said it is "concerning" that rates are still so high among gay and bisexual men in urban centres.

Cameron Dunkin, manger of research at the Canadian Foundation For AIDS Research (CANFAR), one of the funders of the study, said there is sometimes a "sense of lackadaisicalness" about the virus.

"You do have some apathy sometimes where people just aren't as afraid of HIV because there's medication and the assumption that they'll be fine and it doesn't really matter if they contract it," he said.

23%

Estimate of the proportion of gay, bi, and other men who have sex with men living with HIV in Toronto.

SOURCE: PUBLIC HEALTH AGENCY OF CANADA, 2011

Time for self-love on V-Day

ADVICE

Five simple tips for indulging yourself on this —or any— day

Ali Vanderkruyk
For Metro Canada

Whether you're in a relationship or not, take a break and practice self-care this Valentine's Day.

Girl Crush, an intersectional feminist speaker series in Toronto wants to counteract the material pressures of the international day for loved-up couples by suggesting people to spend a little time on themselves.

In the words of the co-organizers, Kate Barss and Temma Pinkofsky: "Self-care is recognizing the critical importance of giving permission within our daily lives to look after ourselves."

"As female-identifying individuals, the burden of care often falls on us to look after the physical and emotional needs of others. The idea of self-care asks us to work towards and make space for recognizing our own needs," they continue.

Barss and Temma offer up five suggestions on ways to practice self-care this Valentine's Day, and for that matter, every other day:

1. Expect a little less
Dial down your expectations for yourself for one day. Give yourself space to feel grief, anger, frustration, and helplessness.

Then, take time to realize that this is not all of your reality. Remind yourself what brings you joy; tell a friend you love them. Go for a long walk and rediscover the beauty of your neighborhood.

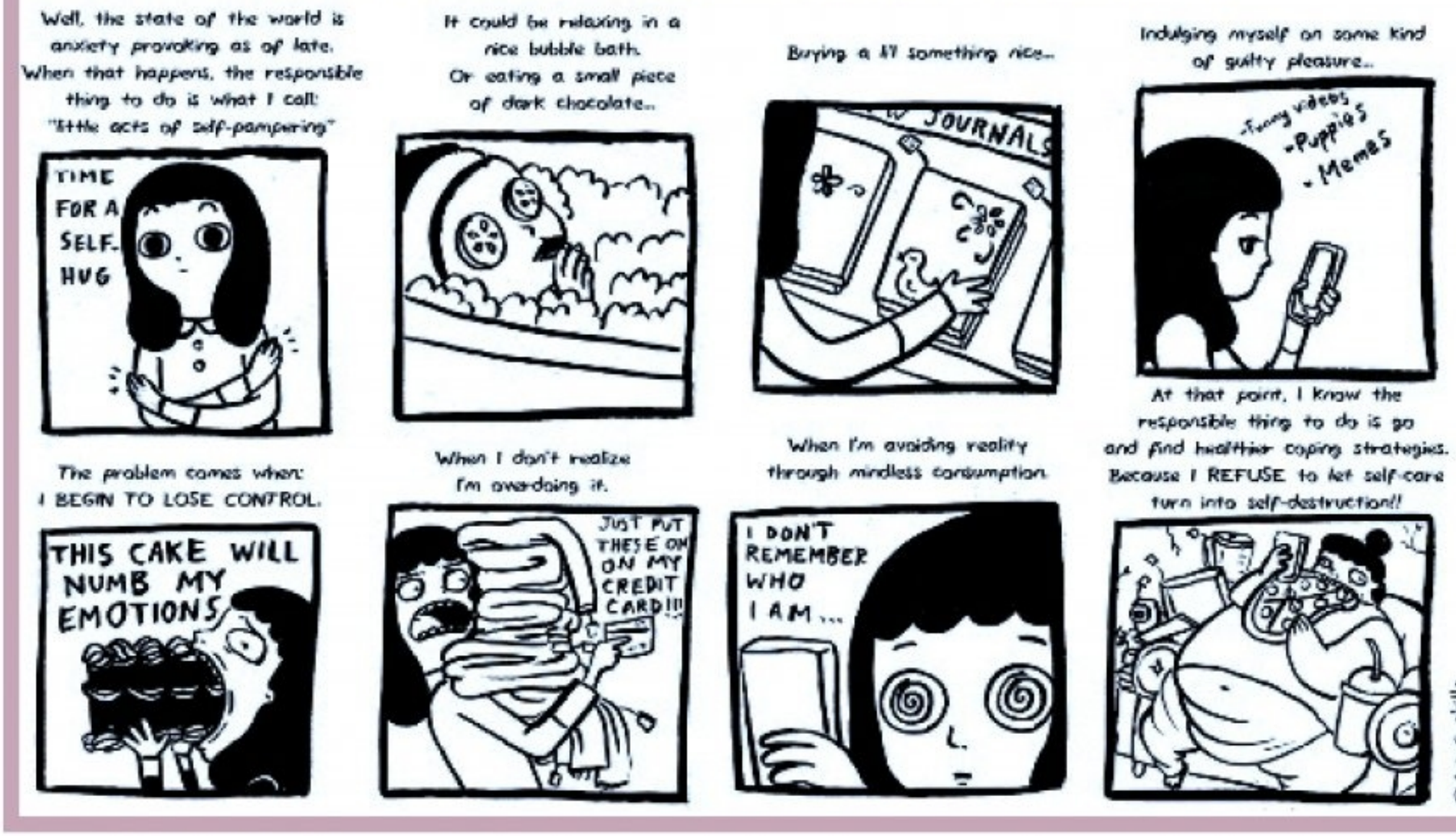
2. Make you the focus
Cancel a plan you do not want to go to and plan an activity for yourself: take a bath, put on clothes (or take off clothes) that make you feel sexy and take a photo (just for you), masturbate, go to a movie, read a book, dance.

3. The big switch off
Take a conscious break from social media. Close your laptop; turn off your phone. Being informed does not mean you have to be plugged into a feed 24/7.

4. Rest...rest well
Simple pleasures are the best — Go to sleep early.

5. Calming connections
Allow others the space to self-care. Connect with people who share your concern about what is happening in our country and our world. Talk to people who may be going through a difficult time, especially members of vulnerable or marginalized communities. Let them know you support them. Smile at strangers.

SELF-CARE OR SELF-DESTRUCTION? HERE'S ANI CASTILLO'S TAKE


Well, the state of the world is anxiety provoking as of late. When that happens, the responsible thing to do is what I call: "little acts of self-pampering"
TIME FOR A SELF-HUG
The problem comes when: I BEGIN TO LOSE CONTROL.
THIS CAKE WILL NUMB MY EMOTIONS
It could be relaxing in a nice bubble bath. Or eating a small piece of dark chocolate..
When I don't realize I'm over-doing it.
JUST PUT THESE ON MY CREDIT CARD!!!
Buying a lil something nice..
JOURNALS
When I'm avoiding reality through mindless consumption
I DON'T REMEMBER WHO I AM...
Indulging myself on some kind of guilty pleasure..
-Funny videos -Puppies -Memes
At that point, I know the responsible thing to do is go and find healthier coping strategies. Because I REFUSE to let self-care turn into self-destruction!!
© Ani Castillo

MENTHOL REVIEW WARNING

Painkillers causing burns
Health Canada says a safety review has found a risk of serious burns with the use of some over-the-counter topical pain relievers that contain menthol.

These pain relievers are applied to the skin and are intended to help relieve muscle and joint pain. They come in a variety of formulations, including creams, gels, liquids and patches. Health Canada has received 21 reports of serious side-effects involving topical pain relievers containing menthol.

In many cases, the products were used as directed, with burns, severe swelling and blistering appearing 24-48 hours after application.

Health Canada says available data did not allow it to determine whether the risk of serious burns is linked to any specific brand, formulation or menthol concentration.

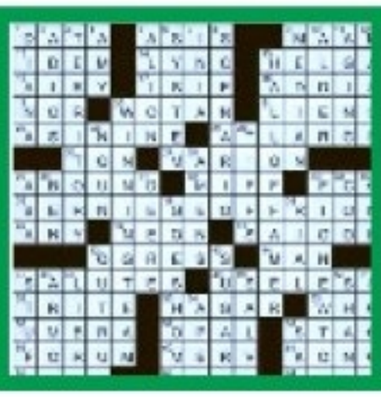
Consumers who experience serious skin reactions such as pain, swelling or blistering are advised to stop using the product and seek immediate medical attention.

THE CANADIAN PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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8	9	5	7	1	4	3	6	2
2	4	7	3	9	6	8	1	5
6	7	9	4	5	1	2	3	8
5	2	3	8	7	9	6	4	1
4	1	8	2	6	3	5	7	9

Boycott blizzard moves over Netflix

RACIAL AWARENESS

Dear White People rankles — but it hasn't even aired yet

Andrew Fifield
Metro | Toronto

Our golden age of politically motivated boycotting continues, and this time it's Netflix in the crosshair.

The streaming service landed on the American Conservatism naughty list after debuting a teaser trailer for their original series, Dear White People.

There is little in the short 30-second clip aside from an introduction to a main character and her advice that dressing up in blackface is inadvisable at best. However, other viewers say something entirely different.

Dear White People is based on a same-named 2014 film by series creator Justin Simien.

The movie satirized the culture created on the campuses of America's most prestigious universities, where the student bodies are overwhelmingly white.

Netflix's new series Dear White People debuts on April 28 but is already upsetting conservatives. CONTRIBUTED

Unsurprisingly, the film drew a similarly venomous reception when it was first released and Simien addressed that in an open letter posted to Medium over the weekend after #BoycottNetflix began bubbling up.

"Self doubt is a constant companion for a chubby, gay, black boy born in the south," Simien wrote. "Daring to make a films of any kind and thus invite the possibility of ridicule was an internal battle of mine for many years.

"I hadn't yet realized the poring over YouTube comments and measuring the dislike to like ratios on our trailers was killing me from the inside-out," he added.

"Every comment from someone who hadn't bothered to look at the materials or read the reviews in lieu of calling me a racist based on the film's title was like a tiny knife stab in the heart," Simien said.

The rest of the letter goes on to explain his reasoning for the provocative title and some of the real life events that inspired the project.

Simien reveals that he had (and heard) many doubts about the title that has rankled so many in the more reactionary corners of the internet, but settled on Dear White People because it was "the kind of thing that made you sit up and go 'What is THIS going to be?'"

Well, people certainly sat up and noticed. However, a lot of them didn't stick around for the second part of Simien's thought.

But, with Netflix standing behind him, the artist remains resolute.

"Even though I have the wherewithal to recognize their hatred as just a knee jerk attempt to avoid experiencing the deep pain of feeling powerless, I'll be damned if I allow for someone else's pain to become my prison," he wrote.

"That particular American tradition had been endured by enough generations."

Dear White People debuts on Netflix April 28.

metro SPORTS

Tennis umpire Arnaud Gabas had surgery on a fractured bone under his left eye after being hit by a ball struck by Canadian Denis Shapovalov

Don't call it a demotion

NHL

Senators' Ryan sees move to third line as an 'opportunity'

Some might call it a demotion, but Bobby Ryan prefers to see it as an opportunity.

Ryan, the Senators' highest paid forward, was moved to Ottawa's third line Saturday afternoon alongside Jean-Gabriel Pageau and Tom Pyatt as they took on the New York Islanders.

The experiment proved successful as the trio shut down the Islanders' top line and it appears they will remain together Tuesday night as the Senators host the Buffalo Sabres.

Most assumed Ryan would be disappointed with the assignment, but the 29-year-old prefers to look at it as a new challenge.

"Truthfully they play the most minutes so I'm excited for the opportunity," said Ryan. "Last game was (John) Tavares, next game coming in will probably be (Jack) Eichel, so I don't mind those match-ups one bit. Call it the third or defensive line or whatever you will, but those guys are playing well.

"I think (Senators coach Guy Boucher) saw an opportunity to slide me into a role and see if I could handle it. He came to me before the game and asked and I said absolutely. I really don't mind, I don't. I know there's people who have their opinions on it, but if that's what he wants me to do I'm going to do it. I'm just going to come in and go to work. I can't control those things."

Boucher says people need to stop evaluating Ryan's season on stats alone and look at his overall performance.

"If you're not scoring, but you're playing great, you're helping the team and that's what Bobby has done, he's helping our team," Boucher said. "If he wasn't playing well, if he was lazy, if he was unreliable then it would be a different story. Then I would be unhappy and I would tell you he has had a tough stretch, but right now he's not having a tough stretch in how he's playing. He's having a tough stretch finishing or maybe not choosing to shoot sometimes ... but the rest for me has been good."

After 47 games this season, Ryan has 11 goals and 21 points and will need a solid finish to have a chance to hit 20 goals.

Bobby Ryan and the Senators are 1-3-0 against the Sabres this season going into Tuesday night's game and were shut out 4-0 in their last meeting.
BRUCE BENNETT/GETTY IMAGES

30

As a member of the Anaheim Ducks, Bobby Ryan had four consecutive seasons with 30 or more goals, but since being acquired by the Senators in 2013 he's never surpassed 23 goals.

> **If you're not scoring, but you're playing great, you're helping the team and that's what Bobby has done.**
> Senators coach Guy Boucher

"Me putting him against the best players isn't about a lack of confidence, it's the opposite," Boucher said. "I found that he's been playing so well defensively and up front he's one of the few who can offer us physical strength and can still make plays along the boards while under pressure. I need a player like that against other teams' best lines."

Obviously Ryan would like to contribute more offensively, but he's not going to force things. He admits that everywhere he goes — restaurants, grocery stores, movies — people are telling him he needs to shoot more, but he's more concerned with making the right play.

With just 77 shots this season Ryan could easily afford to be a little selfish and shoot the puck more often, but he just wants to see the team do well.

"You'd like to score more than 11 at this point of the year, but I'm just making the most of the minutes and the time that I get," Ryan said. "It's all you can do. You can be negative and you can come in and pout, but I'm not going to do that." THE CANADIAN PRESS

IN BRIEF

Younger Sandusky arrested on child sex charges

One of Jerry Sandusky's sons was charged Monday with sex crimes involving two girls, more than five years after the former Penn State assistant coach was himself first arrested on child molestation charges.

Jeffrey S. Sandusky, 41, was charged by state police and arraigned by a district judge in Bellefonte, Pa., on 14 counts. He was jailed on $200,000 bail.

Police accused him of soliciting naked photos from a then-16-year-old girl last year and seeking oral sex in 2013 from her then-15-year-old sister. THE ASSOCIATED PRESS

Man City take over second place in England

Manchester City overcame Gabriel Jesus' early departure because of injury to beat Bournemouth 2-0 and climb to second place in the English Premier League, eight points behind Chelsea on Monday.

Raheem Sterling's 29th-minute strike and an own-goal in the 69th from Tyrone Mings gave City a third straight league win. THE ASSOCIATED PRESS

Paralympic body calls for Russian ban to continue

The International Paralympic Committee says Russia's ban should continue because it is sidestepping allegations of a major doping coverup.

Russian officials have not "specifically addressed" World Anti-Doping Agency investigator Richard McLaren's findings which led to their ban at last year's Paralympics, either by admitting them or "properly rebutting" them, an IPC taskforce working with the Russian Paralympic Committee said in a report. THE ASSOCIATED PRESS

Cavs cut Birdman loose

The Cavaliers traded injured centre Chris Andersen and cash to the Charlotte Hornets for a protected top-55 second-round draft pick.

Monday's move opens a roster spot for Cleveland and gives the defending NBA champions another asset to use for future deals. THE ASSOCIATED PRESS

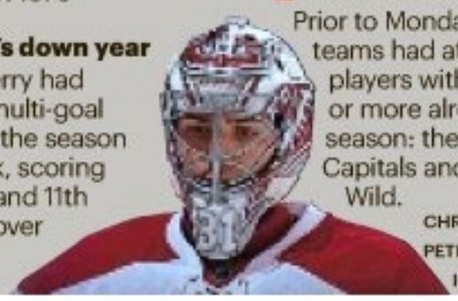
LEAGUE TRENDS

Price's numbers dipping in Montreal

Carey Price's save percentage by month:
October: .954
November: .944
December: .899
January: .906
February: .879

Perry's down year

Corey Perry had his first multi-goal game of the season last week, scoring his 10th and 11th in a win over Buffalo.



CHRISTIAN PETERSEN/GETTY IMAGES

The 31-year-old, who trails only Alex Ovechkin and Steven Stamkos with 311 goals since 2007-08, is headed for a mere 16 goals, his slimmest output since becoming a full-time NHLer.

Well-rounded attack

Prior to Monday, only two teams had at least 10 players with 10 goals or more already this season: the Washington Capitals and Minnesota Wild.

ST. LOUIS BLUES

Biggest trade chip in hockey?

It was six years ago this month that the St. Louis Blues acquired Kevin Shattenkirk from the Colorado Avalanche.

Now, Shattenkirk's future in St. Louis is in question. The 28-year-old from New Rochelle, N.Y., is likely to draw the most buzz ahead of the March 1 trade deadline as a right-shooting defenceman on an expiring contract who offers almost unrivalled production.

"His offensive skills are top-notch," teammate and defensive partner Carl Gunnarsson said of Shattenkirk, who's on pace for a career-best 16 goals and 57 points.

Kevin Shattenkirk
GETTY IMAGES

"He always seems like he's finding the open guy and he's always getting to the open spots," added Colton Parayko, another member of the Blues defence. "He's got a good shot, he's a good passer, he's got vision — pretty much everything you look for in an offensive defenceman."

In fact, heading into Monday's play, Shattenkirk was tied for 10th among all NHL defencemen with 238 points since the start of the 2011-12 season.

However appealing he may be as a trade chip before the deadline — just over two weeks away — the Blues might be better served keeping Shattenkirk themselves. For all their struggles this season (though not of late), St. Louis is still a viable threat to compete for the Stanley Cup after reaching the Western Conference final last year.

Stay tuned. THE CANADIAN PRESS

MAKE IT TONIGHT

Classic Falafel Burgers

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll feel like you eating an authentic falafel — warm and dripping tahini — if you make these easy sliders.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Makes 6 to 8 burgers

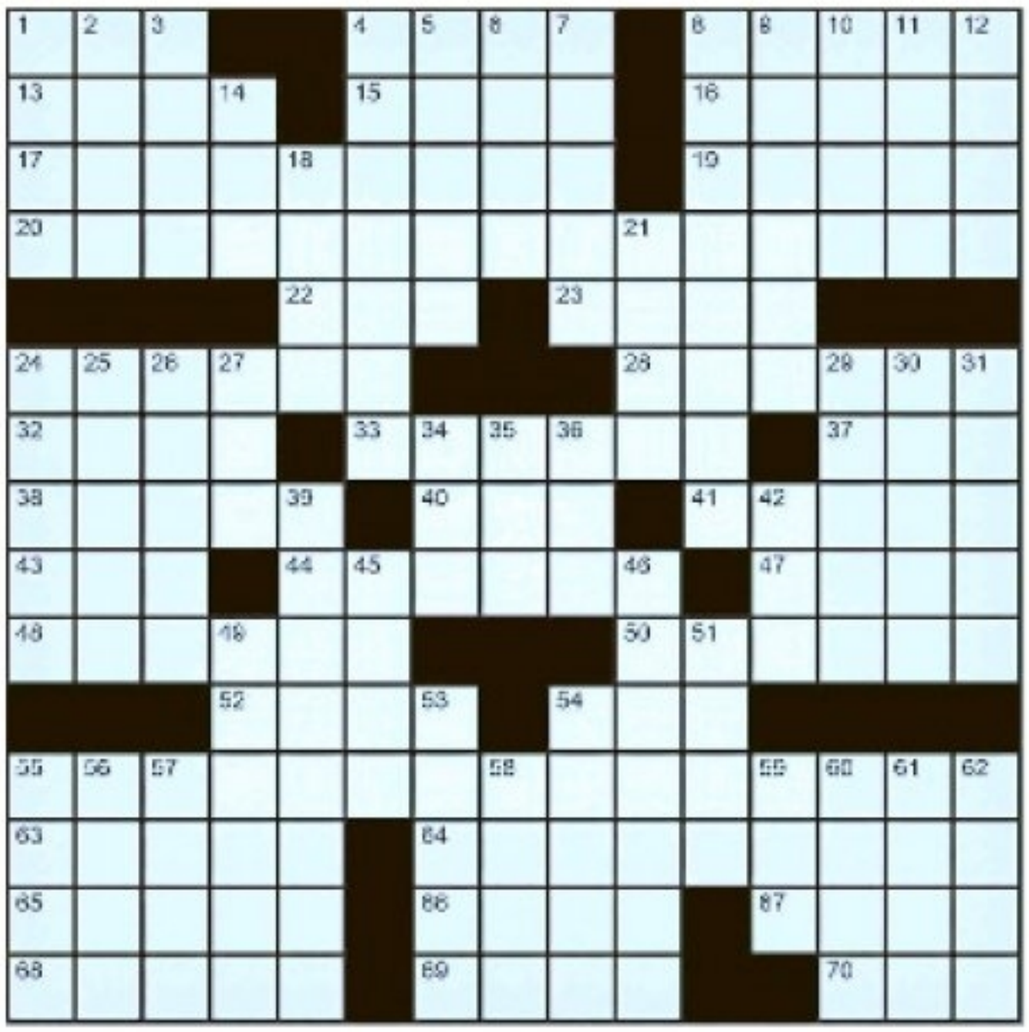
Ingredients
- 2 cups rehydrated garbanzo beans, drained
- 1 small white onion, roughly chopped
- 1/4 cup fresh flat-leaf or curly parsley
- 2 cloves garlic, chopped
- 2 Tbsp flour
- 2 tsp ground cumin
- 1 1/2 tsp salt
- 1 tsp ground coriander
- 1/2 tsp chili powder
- 2 Tbsp grape seed oil for cooking

Directions
1. The night before, place beans in a bowl and fill with water until covered by two inches. In the morning, drain, rinse and pat beans dry. Store in the refrigerator.
2. In a food processor, add the beans, onion, parsley, garlic, flour, cumin, salt, coriander and chili powder. Process until a course meal forms.
3. Pour mix into bowl, cover with plastic wrap and set in refrigerator for an hour. Remove and shape into patties.
4. Heat oil in pan over medium heat, add burgers. Fry burgers for 3 minutes on each side until golden brown. Serve with pitas, sliced cucumber and tahini.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Bling in a ring
4. Petri dish gel
8. Cache
13. Ms. Thurman's
15. Golfer's warning!
16. Hogwash
17. "If You Could Read My Mind" by Gordon _
19. Detection device
20. Love song of 1993 by Bryan Adams: 3 wds.
22. Mac rivals
23. Oxen harness
24. Getting one's beauty sleep: 2 wds.
28. Soil toiler
32. Pinot _ (Wine variety)
33. Really right: 2 wds.
37. Electric guitar, in slang
38. Canadian actress, _ Lee Williams
40. Be behind in bills
41. _ community (Exclusive residences locale)
43. "_ My Party" by Lesley Gore
44. Neil Young bandmate Stephen
47. Whirring sound
48. Wine and _ party
50. Great deal
52. Speed along on the job
54. Shoe width size
55. Opening words of "Beauty and the Beast" by Celine Dion and Peabo Bryson
63. The _ on the cake
64. Valentine's Day symbol that's different from the usual red: 2 wds.
65. Adventurer's watercraft
66. Old Testament son
67. 'ence' word-ending alternative
68. Goulashes
69. Grate
70. House temp. coolers
st

DOWN
1. Mouthful of a milkshake
2. Oscar-winner Mr. Jannings
3. Illusionist, archaically
4. Impacts
5. Blunders
6. 'Buck' suffix
7. Attempt again
8. Eye-catching
9. Go on a journey
10. Parliament Hill worker
11. Canned meat brand
12. "From _ to Eternity" (1953)
14. Retro rock's _ Na Na
18. Chef's li'l measurements
21. Attend the event: 2 wds.
24. Shenanigan
25. Chocolate, cake, candies, yum! Sweet _
26. Hair salon service
27. 'Brew' suffix
29. Lovely language
30. Overwork
31. Use the towel again
34. Luau dish
35. Hedwig, for one, of books
36. _. number
39. Mitigates/alleviates
42. Mr. Vigoda
45. Dick Tracy's beloved
46. Assert yourself vocally: 2 wds.
49. Prior to this time, in verse
51. Grateful Dead bassist Phil
53. One optimistic about the results
54. Mrs. Garrett's gourmet shop on "The Facts of Life", _ Edibles
55. Partners for Tacs (Mint candies)
56. Curious as _ _
57. Queue
58. Ms. Kudrow
59. Golf peg
60. Collector's suffix
61. "Happy Days" mom: wd. + letter
62. Quebec 'summers'

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is a mixed bag. It's easy to talk to friends and groups. However, later in the day, you might be at odds with a partner, spouse or close friend.

Taurus April 21 - May 21
Conversations with bosses and authority figures today will go well. Nevertheless, someone or something behind the scenes will annoy you.

Gemini May 22 - June 21
Something unusual, perhaps from another country, will stimulate you in a creative way today. It might even affect your involvement in sports. Avoid arguments with someone later in the day.

Cancer June 22 - July 23
If you need support from others at home or for a family situation, you might get it today. However, you will have more difficulty talking to a parent, boss or authority figure.

Leo July 24 - Aug. 23
This is a chatty day for you. Conversations with partners and close friends will be positive and stimulating. By contrast, avoid political and religious discussions today.

Virgo Aug. 24 - Sept. 23
Related discussions about money, cash flow and finances will go well today. However, discussions about shared property or differing values might create an argument.

Libra Sept. 24 - Oct. 23
With the Moon in your sign today, you are luckier than all the other signs. Plus, this is a playful, fun-loving day! Nevertheless, be patient with partners and close friends

Scorpio Oct. 24 - Nov. 22
You will prefer to work behind the scenes today because it feels better. This could help you complete repairs at home or have an important family discussion.

Sagittarius Nov. 23 - Dec. 21
Expect to have a happy conversation with a female acquaintance. You might want to discuss future goals. (Parents must be patient with kids today.)

Capricorn Dec. 22 - Jan. 20
You are high-viz today, because the Moon is at the top of your chart. However, this can mean that people know personal information about you. Just be aware of this.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want to travel or get out of town. Basically, you want to break free from your routine. You also need to talk to someone.

Pisces
Feb. 20 - March 20
Discussions about shared property or differing values might take place today. The problem with differing values is that people do not easily change their values. Good luck!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			8			6	2	

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Qualified Participants Needed for Technology Field Test

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